SALADS

THE MED SALAD WITH CHICKEN (LC)
390 • 250 CAL

Grilled chicken, romaine, mixed greens, tomato, cucumber, red onion, Kalamata olives, cavatappi pasta, spicy yogurt dressing and feta

CHICKEN VERACRUZ SALAD (LC)
650 • 380 CAL

Mixed greens topped with Roma tomato, red onion, chili-lime chicken, bacon crumbles from naturally raised pork, fresh-cut corn, tossed with jalapeño ranch dressing and crispy jalapeños, fresh avocados and cilantro

GRILLED CHICKEN CAESAR (LC)
410 • 260 CAL

Grilled chicken, romaine, focaccia croutons, traditional Caesar dressing and parmesan

SOUPS

THAI CHICKEN (LC) (GF) 370 • 250 CAL
Coconut curry chicken soup with onion, cabbage, red bell pepper, lemongrass, lime, galangal, turmeric, shiitake mushrooms, carrots and shallots

TOMATO BASIL BISQUE (LC) (GF) (V) 430 • 290 CAL
Rich and zesty tomato soup with cream, sherry, basil and garlic

CHICKEN NOODLE (LC) 360 • 190 CAL
Our signature soup with chicken breast, celery, carrots, onion and wavy egg noodles

NO ARTIFICIAL* FLAVORS, COLORS, SWEETENERS AND PRESERVATIVES

SPICY
GLUTEN-FREE (GF)
LOW CALORIE AVAILABLE (<500) (LC)
VEGETARIAN (V) Excludes meat & fish

EXPLORE AWAY

NOT YOUR FAVE? WE'LL REPLACE IT.

SHAREABLES

POTSTICKERS
380 • 220 CAL
6 OR 3

KOREAN BBQ MEATBALLS
870 • 430 CAL
10 OR 5

CHEESY GARLIC BREAD (V)
700 • 350 CAL
6 OR 3

DRINKS

FOUNTAIN DRINKS
REG 0-300 CAL • LG 0-450 CAL

FRESH-BREWED ICED TEA
REG 0-120 CAL • LG 0-180 CAL

DESSERTS

RICE CRISPY 540 CAL
COOKIES (V) 450 CAL

VEGETARIAN? ALLERGIES?
Ask for our Nutrition & Allergen Guide or visit noodles.com/nutrition for more information.

Before placing your order, please inform your ambassador if a person in your party has a food allergy.

*Excludes select beverages, cookies and rice crispies.

BLOOMINGTON
305 N VETERANS PARKWAY
P. 309.661.6300

2,000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.

9506

KIDS MENU

CHOOSE AN ENTRÉE

Wisconsin Mac & Cheese 490 CAL
Grilled Chicken Breast with Marinara 130 CAL
Buttered Noodles 380 CAL
Spaghetti & Meatballs 450 CAL

CHOOSE TWO SIDES

Broccoli 15 CAL
Applesauce 70 CAL
Pineapple 45 CAL
Kids Crispy 130 CAL

CHOOSE A DRINK

Kids Fountain Drink 0–180 CAL
Organic Lowfat Milk 110–150 CAL
Organic Juice 40 CAL

1,200 to 1,400 calories a day is used for general nutrition advice for children ages 4-8 years, but calorie needs vary.

noodles
WORLD KITCHEN

TRY YOUR FAVORITES AT HOME

ORDER. QUICK PICKUP.
NOODLES.COM/ORDER

PM.0219

PICK YOUR SIZE

REG • SM

CHOOSE YOUR MEAT OR TOFU

- **GRILLED CHICKEN BREAST** 150 CAL
- **OVEN-ROASTED MEATBALLS** 360 CAL
- **SEASONED TOFU** 210 CAL
- **PARMESAN-CRUSTED CHICKEN BREAST** 190 CAL
- **NATURALLY RAISED PORK** 160 CAL
- **MARINATED STEAK** 120 CAL
- **SAUTÉED SHRIMP** 70 CAL

ADD YOUR SIDE OR EXTRA VEGGIE

- **WISCONSIN MAC & CHEESE** 270 CAL
- **TOMATO BASIL BISQUE** 140 CAL
- **THAI CHICKEN SOUP** 120 CAL
- **CHICKEN NOODLE SOUP** 120 CAL
- **TOSSED GREEN SALAD** 30–110 CAL
- **CAESAR SALAD** 80 CAL

ADD BACON TO ANY DISH

Substitute Gluten-Free Pasta

—

ZUCCHINI NOODLES AVAILABLE WITH ANY DISH

MEDITERRANEAN

PENNE ROSA (LC) (V)
360 • 720 CAL

Penne noodles in spicy tomato cream sauce, mushrooms, Roma tomato, spinach and parmesan

TRY WITH PARMESAN-CRUSTED CHICKEN

PESTO CAVATAPPI (LC) (V)
380 • 750 CAL

Curly pasta, basil pesto, garlic, mushrooms, tomato, cream and parmesan

TRY WITH PORK

ALFREDO MONTAMORE®
800 • 1410 CAL

Spaghetti noodles, four-cheese blend alfredo, roasted mushrooms, tomato, spinach and parmesan chicken, topped with MontAmore cheese and cracked pepper

PASTA FRESCA (LC) (V)
440 • 880 CAL

Penne with balsamic vinaigrette, olive oil and roasted garlic, red onion, tomato, spinach and parmesan

TRY WITH GRILLED CHICKEN

ASIA

JAPANESE PAN NOODLES (LC) (V)
330 • 650 CAL

Caramelized udon noodles in a sweet soy sauce, broccoli, carrots, black sesame seeds and cilantro

TRY WITH STEAK

PAD THAI (GF)
620 • 1240 CAL

Rice noodle stir-fry with scrambled egg, napa and red cabbage, citrus, peanuts, green onions and cilantro

TRY WITH SHRIMP

THAI GREEN CURRY WITH SHRIMP (LC) (GF)
460 • 840 CAL

Shrimp with a sweet coconut green curry sauce, rice noodles, pineapple, broccoli, red onion, snap peas, lime, black sesame seeds and cilantro

SPICY KOREAN BEEF NOODLES
560 • 1000 CAL

Ramen noodles tossed with a sweet and spicy Korean-style Gochujang BBQ sauce, marinated steak, napa and red cabbage, spinach, topped with cucumber, green onions and cilantro

AMERICAS

SPICY CHIPOTLE ADOBO WITH PORK
580 • 990 CAL

Slow-braised pork or grilled chicken with cavatappi noodles in a smoky adobo sauce, cream, red onion, mushrooms, sour cream, lime and cilantro

SPAGHETTI & MEATBALLS
670 • 980 CAL

Five meatballs on spaghetti, crushed tomato marinara and parmesan

STEAK STROGANOFF
610 • 1100 CAL

Marinated steak, mushroom sherry cream sauce, fresh herbs, cracked pepper, roasted mushrooms, wavy egg noodles and parmesan

BUTTERED NOODLES (LC) (V)
380 • 760 CAL

Tender wavy egg noodles, butter, Italian seasonings and parmesan

TRY WITH MEATBALLS

WORLD FAMOUS MACS

WISCONSIN MAC & CHEESE (LC) (V)
490 • 980 CAL

A classic blend of cheddar and jack cheeses, cream and elbow macaroni

TRY WITH MEATBALLS

ZUCCHINI TRUFFLE MAC (LC) (V)
270 • 540 CAL

Zucchini noodles in our famous cheese sauce with black truffle, roasted mushrooms, parmesan cheese and toasted breadcrumbs

BUFFALO CHICKEN MAC
650 • 1100 CAL

Wisconsin Mac & Cheese with parmesan chicken, Frank's RedHot® Buffalo Wings Sauce, parmesan cheese and green onions

BBQ PORK MAC
690 • 1210 CAL

Wisconsin Mac & Cheese with tender, slow-braised pork, crispy jalapeños and tangy barbeque sauce

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FRANK'S REDHOT is a registered trademark of The French's Food Company LLC and used under license by Noodles & Company.